

Curriculum Framework

The content for delivery in each session is outlined in Table 1 below.

Table 1: Framework and Content Areas for each session of the Sober Driver Program

Session 1: Program introduction and overview	<ul style="list-style-type: none"> • Program orientation: <ul style="list-style-type: none"> – Rationale – Rights and responsibilities
Session 2: Consequences of drink driving on self	<ul style="list-style-type: none"> • Excuses and reasons given for drink driving. • Immediate and longer term consequences of drink driving for self: <ul style="list-style-type: none"> – Legal – Financial – Social – Emotional – Professional, career, job – Interpersonal relationships
Session 3: Consequences of drink driving on others	<ul style="list-style-type: none"> • Exploration of who becomes involved when a drink driving offence occurs. • Immediate and longer term impact of drink driving on the broader community. • Exploration of the chain of events.
Session 4: About driving	<ul style="list-style-type: none"> • Demands of safe driving: <ul style="list-style-type: none"> – Physical skills – Thinking skill – Danger spotting skills • Risk recognition and risk management
Session 5: About alcohol	<ul style="list-style-type: none"> • Concepts of: <ul style="list-style-type: none"> – Short and long-term effects of alcohol on the body – Standard drinks – Blood Alcohol Concentration – Returning to a zero BAC
Session 6: Effects of alcohol on behaviour	<ul style="list-style-type: none"> • Effects alcohol has on behaviour • Personal and social impacts of drinking alcohol
Session 7: Steps to change	<ul style="list-style-type: none"> • Understanding and applying behaviour change processes • Recognising drinking patterns • Identifying high risk situations
Session 8: Avoiding relapse	<ul style="list-style-type: none"> • Assertive communication strategies • Managing and reducing stress
Session 9: Managing drinking and driving situations in the future	<ul style="list-style-type: none"> • Skills and strategies for implementing and maintaining behaviour change • Building a network of support